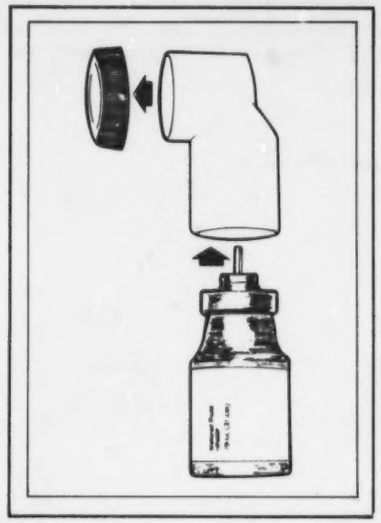
IN4

HOW TO USE A METERED-DOSE INHALER

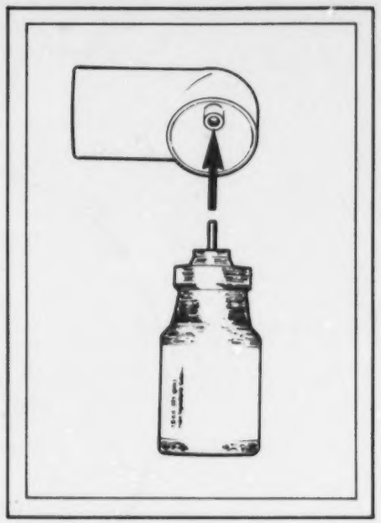
To get medicine from a metered-dose inhaler deep into your lungs where it works best, follow these steps:

1. Put the inhaler together.

Remove cap and plastic elbow.



Turn plastic elbow around. Place metal stem from cannister straight into hole in plastic elbow.



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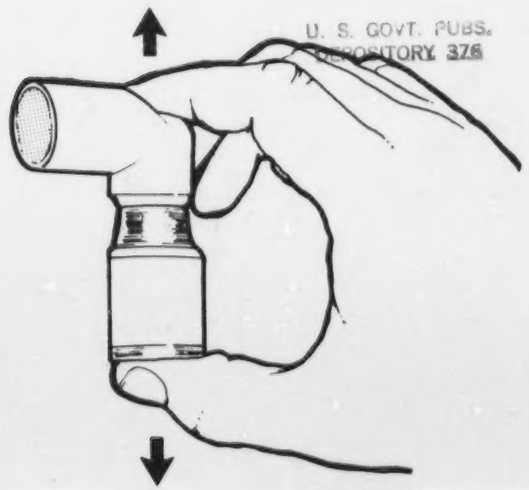
2. Shake the inhaler very well.

Shake the inhaler right before you take a puff. Shake again every time you take another puff.



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3. Sit up straight.

Relax.

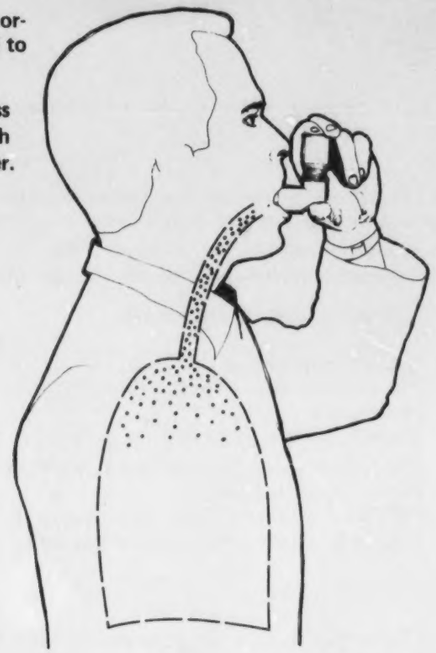
Hold the inhaler in your stronger hand. Hold it straight upside down with the white plastic mouthpiece in front of your mouth.

Your thumb goes underneath on the white plastic and your fingers go on top.

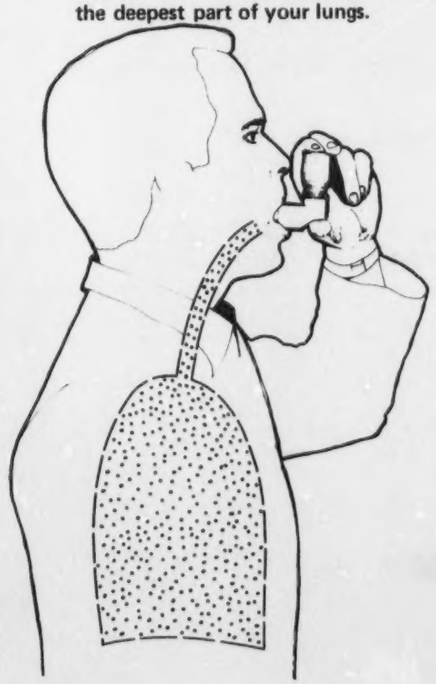
Place the plastic mouthpiece in your mouth. Do not block the opening with your lips, tongue, or teeth. Do NOT close your lips. This allows more air to help carry the medicine deep into your lungs.

4. Breathe out to the end of a normal breath. You do not need to empty your lungs.

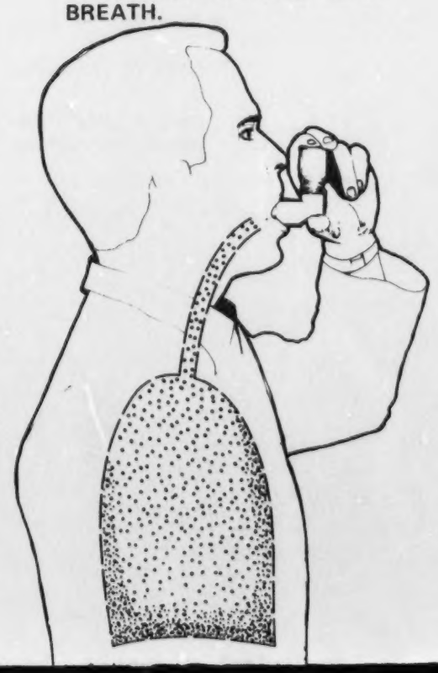
5. As you breathe in slowly, press the metal container down with your fingers to fire your inhaler.



6. Continue to breathe in. This will pull the medication into the deepest part of your lungs.



7. After you have taken a deep breath, HOLD YOUR BREATH for as long as is comfortable to let the medication settle. It is best to hold your breath for at least 5 seconds. SLOWLY COUNT TO FIVE AS YOU HOLD YOUR BREATH.



8. Remove the inhaler from your mouth. Breathe out slowly, then resume normal breathing.

9. Wait at least one or two minutes before repeating the steps if you have been told to take a second puff from your inhaler. Some medications used in inhalers require you wait even longer. (Wait 10 minutes or more between bronchodilator inhaler and steroid inhaler like Vanceril[R]).

   LET'S REVIEW THE STEPS AGAIN.

   a. Shake the inhaler well.
   b. Put in your open mouth without closing your lips around the mouthpiece.
   c. Breathe out to the end of a normal breath.
   d. Start to breathe in, then squeeze the inhaler and keep on taking as deep a breath as possible.
   e. Hold your breath to at least the count of 5.
   f. Breathe out slowly, then breathe normally.

10. Cleaning Your Inhaler.

   - Clean your inhaler daily so that deposits do not build up that could clog the nozzle.
   - Wash the plastic mouthpiece or holder with soapy water, then rinse it thoroughly.
   - Take apart the plastic and metal parts of your inhaler, turn them around, and replace the cap.
   - Store your inhaler in a plastic bag to keep lint and dirt off of it.

11. SAFETY WARNING

   Do not store or use your inhaler near heat or an open flame. Do not puncture or destroy your inhaler by fire. Contents are under pressure.

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